



# SRDA MEALS ON WHEELS MENU May 2022

Hope your month  
is positively  
a **May**zing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-May	2-May	3-May	4-May	5-May
Marinated Chicken (2) Garlic Mashed Potatoes (17) Baby Carrots w/ Dill (8) Italian Vegetable Toss (17) Berry Cobbler (33) Milk (12) <span style="float: right;"><b>new</b></span> Calories: 850 Carbs: 89g Fiber: 11g Protein: 47g Fat: 38g Sodium: 940mg	Beef Picadillo (12) Steamed Rice (19) Sugar Snap Peas (7) Cornbread (42)/Black Bean Soup Orange, sliced (16) Milk (12) Calories: 910 Carbs: 122g Fiber: 15g Protein: 41g Fat: 31g Sodium: 610mg	Pulled Pork Sandwich (13) on Hamburger Bun (27) Ranch Beans (26) Rancho Fiesta Vegetables (10) Claremont Salad (5) Milk (12) /Apple Fruit Cup (14) Calories: 830 Carbs: 130g Fiber: 17g Protein: 44g Fat: 19g Sodium: 1795mg*	Chicken a la Orange (17) Herbed Rice (24) Green Beans (6) Garden Vegetable Soup (8) Hummingbird Cake (42) Milk (12) / Dinner Roll w/Marg (22) Calories: 940 Carbs: 133g Fiber: 10g Protein: 49g Fat: 29g Sodium: 1100mg <div style="text-align: center;"></div>	Chicken & Broccoli Casserole (28) Green Peas (13) Side Salad w/ dressing (8) Banana (18) Milk (12) Calories: 645 Carbs: 80g Fiber: 10g Protein: 47g Fat: 20g Sodium: 640mg
8-May	9-May	10-May	11-May	12-May
Penne & Meat Sauce (29) Italian Mixed Vegetables (6) Seasoned Yellow Squash (4) Yogurt w/granola (21) Coconut Fruit Salad (20) Milk (12) / Garlic Bread (17) Calories: 900 Carbs: 109g Fiber: 10g Protein: 44g Fat: 39g Sodium: 730mg	Chicken Fried Rice (17) Egg Roll (23) Mandarin Stir Fry (6) Egg Drop Soup (4) Strawberries & Peaches (12) Milk (12) / Yogurt w Granola (21) Calories: 785 Carbs: 95g Fiber: 10g Protein: 59g Fat: 22g Sodium: 1015mg	Chuck Wagon Steak (22) Noodles Romanoff w/peas (21) Calico Cabbage (7) Cinnamon Applesauce (14) Dinner Roll w/Marg (22) Milk (12) / Cookie (17) Calories: 985 Carbs: 122g Fiber: 11g Protein: 38g Fat: 45g Sodium: 990mg <div style="text-align: center;"><b>new</b></div>	Chicken Alfredo w/pasta (31) Roasted Broccoli (6) Garlic Bread (15) Minestrone Soup (19) Fresh Grapes (18) Milk (12) Calories: 975 Carbs: 119g Fiber: 10g Protein: 54g Fat: 36g Sodium: 835mg	Stuffed Bell Peppers (21) Mexican Corn (17) Seasoned Green Beans (6) Sliced Apple (22) Carrot Cake (47) Milk (12) Calories: 680 Carbs: 114g Fiber: 9g Protein: 26g Fat: 19g Sodium: 1110mg
15-May	16-May	17-May	18-May	19-May
Tuna Noodle Casserole (26) Harvard Beets (14) Italian Vegetable Toss (17) Chocolate Pudding (6) Mango & Pineapple (13) Milk (12) Calories: 750 Carbs: 107g Fiber: 11g Protein: 40g Fat: 22g Sodium: 1110mg	Chicken Greek Salad (3) Confetti Couscous (22) Parmesan Baked Zucchini (8) Broccoli & Cheese Soup (13) Ambrosia (1) / Naan (65) Milk (12) <span style="float: right;"><b>new</b></span> Calories: 1070 Carbs: 135g Fiber: 10g Protein: 54g Fat: 42g Sodium: 1245mg	Bean Burrito (51) w/Green Chili (11) Cilantro Rice (18) Rancho Fiesta Vegetables (11) Fresh Banana (26) Milk (12) Calories: 835 Carbs: 134g Fiber: 12g Protein: 38g Fat: 21g Sodium: 1160mg	Honey Mustard Chicken (10) Potato Au Gratin (23) Roasted Brussel Sprouts (7) Lentil Soup (20) Berry Crisp (27) Milk (12) / Crackers (5) Calories: 945 Carbs: 116g Fiber: 13g Protein: 55g Fat: 3g Sodium: 880mg	Baked Ham w/Glaze (11) Roasted Red & Swt Potatoes (19) Cranberry Pear Salad (31) Side Salad w/Dressing (8) Dinner Roll w/Marg (22) Milk (12) Calories: 750 Carbs: 115g Fiber: 11g Protein: 39g Fat: 23g Sodium: 1110mg
22-May	23-May	24-May	25-May	26-May
Baked Salmon Dijon (12) Herbed Potatoes (22) Seasoned Spinach (5) Apple Fruit Cup Mini Butter Croissant (13) Milk (12) <span style="float: right;"><b>new</b></span> Calories: 755 Carbs: 78g Fiber: 8g Protein: 4g Fat: 35g Sodium: 830mg	Beef & Corn Tamale Pie (42) Seasoned Pinto Beans (20) Calabacitas (6) Mandarin Oranges (12) Banana Chocolate Bar (25) Milk (12) Calories: 880 Carbs: 117g Fiber: 14g Protein: 48g Fat: 29g Sodium: 1110mg	Beef Tips & Gravy (12) w / Rotini Pasta (34) Lemon Butter Broccoli (10) Garden Veg Soup (8) Fruit Gelatin Parfait (29) Milk (12) / Crackers (5) Calories: 755 Carbs: 110g Fiber: 12g Protein: 46g Fat: 20g Sodium: 690mg	Bruschetta Chicken (8) Risotto (23) Green Peas (13) Peach Crisp (32) Dinner Roll w/ Margarine (22) Milk (12) Calories: 925 Carbs: 110g Fiber: 10g Protein: 50g Fat: 37g Sodium: 780mg	Tuna Salad Sandwich (3) w/ 2 Slices WW Bread (24) Cucumber, Onion & Tomato Salad Fresh Pear (29) / Pudding (22) Milk (12) / V8-juice (7) & Frozen Meal for Holiday Calories: 850 Carbs: 89g Fiber: 10g Protein: 51g Fat: 36g Sodium: 970mg
29-May	30-May	31-May	1-Jun	2-Jun
<div style="text-align: center;"></div> <p style="text-align: center;">No Meal Service Today</p>	Potato Crusted Fish (14) w/ tarter sauce(5) & lemon Rice pilaf (18) Steamed Broccoli (3) Raspberry Cheesecake Bar (34) Milk (12) /Diced Pears (17) Calories: 780 Carbs: 103g Fiber: 10g Protein: 31g Fat: 32g Sodium: 945mg	Swiss Steak w/ Tomatoes (14) Roasted Potatoes (22) Sauteed Mushrooms (4) Dinner Roll w/Marg (22) Grape Fruit Cup (16) Milk (12) <span style="float: right;"><b>new</b></span> Calories: 735 Carbs: 90g Fiber: 10g Protein: 37g Fat: 31g Sodium: 625mg	Chicken Orzo w /Artichoke (11) Roasted Cauliflower (5) Hawaiian Asparagus (3) Chicken Barley Soup (10) Nilla Wafers (22) /Banana Pudding (31) Milk (12) / Blueberry Fruit Cup (14) Calories: 970 Carbs: 108g Fiber: 10g Protein: 56g Fat: 39g Sodium: 1060mg	Pineapple Chicken (20) Fried Rice (23) Vegetable Stir Fry Egg Roll (14) Fruit Parfait (14) Milk (12) <span style="float: right;"><b>new</b></span> Calories: Carbs: Fiber: Protein: Fat: Sodium:

**IMPORTANT INFORMATION:** Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.  
\*reassessing recipe for accuracy

<b>MENUS ARE SUBJECT TO CHANGE</b>	<p>Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.</p>	<p>In order to prevent waste, we are on a Reservation System.  <b>Please call the day before or the morning of, before 9:00 A.M, to CANCEL your Meal</b>  <b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b></p> <p style="font-size: 1.2em; font-weight: bold;">719-543-0100</p> <p><b>For Important Nutrition Information, Please Turn Menu Over</b></p>
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Consumers attending the congregate meal sites shall be advised and informed to keep a three-day supply of non-perishable foods and bottled water in case of inclement weather or other emergency that causes a temporary suspension of services. If feasible and determined by the Area Agency on Aging in their area plan, emergency meal packages may be provided.